



Go Local Lunch!

Makes: 8 Servings

“Miranda works hard helping in our garden and raising our chickens,” says Miranda’s mom, Genevieve. “Last summer we would make entire meals using only foods that we grew or raised ourselves. She came up with this recipe because it includes some of her very favorite foods—our own chicken, apples, maple syrup, and veggies that we can usually find in our own garden or the farmer’s market. She’s been making wraps for a while now and cooks often with both me and her grandmother. She even has her own cookbook with all of the recipes she’s learned to make by herself.”

Ingredients

For Maple Veggies:

1 tablespoon olive oil

1/4 teaspoon salt






3 cups carrots, peeled and chopped

Nutrition Information

Nutrients	Amount
Calories	361
Total Fat	13 g
Saturated Fat	4 g
Cholesterol	41 mg
Sodium	453 mg
Total Carbohydrate	41 g
Dietary Fiber	7 g
Total Sugars	14 g
Added Sugars included	4 g
Protein	21 g
Vitamin D	0 mcg
Calcium	214 mg
Iron	3 mg
Potassium	786 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/4 cup
	Vegetables	1 1/4 cups
	Grains	1 1/2 ounces
	Protein Foods	1 1/2 ounces
	Dairy	1/4 cup

4 cups cubed butternut squash

1 tablespoon butter

2 tablespoons maple syrup

For Chicken Salad:

1 tablespoon olive oil

1 pound skinless boneless chicken breast

3 celery stalks, finely chopped

3 green onions, peeled and finely chopped

1 Fuji apple, peeled, cored, and cut into thin strips

1/3 cup raisins

1/2 cup nonfat plain Greek yogurt

1/4 cup mayonnaise

1/4 cup unfiltered apple cider vinegar

1 teaspoon curry powder

Pinch of salt

For Wraps:

8 whole-wheat tortillas

2 cups fresh spinach

1/2 cup low-fat sharp cheddar cheese, shredded

Directions

1. **To make Maple Veggies:** Preheat the oven to 375°F.
Spread all ingredients on large silicone baking mats or a large nonstick baking pan greased with nonstick cooking

spray or oil and bake for 30 minutes, stirring occasionally, or until soft.

2. **To make the Chicken Salad:** In a large nonstick skillet, warm the olive oil over moderate heat and add the chicken. Cook for 6 minutes, turn, and cook for additional 7 minutes or until golden brown. Let cool for 5 minutes, then shred. In a large mixing bowl, combine celery, onions, apple, and raisins. In a small bowl, whisk together remaining ingredients. Add $\frac{3}{4}$ of dressing to chicken salad, saving the rest for people to add to wraps as desired. Top each wrap with spinach, chicken, and cheese, and fold. Serve Maple Veggies as a yummy side dish!

Notes

State: Vermont

Child's Name: Miranda Gallagher, 8

Source: The 2016 Healthy Lunchtime Challenge Cookbook